

ATP III Guidelines

**Benefit Beyond LDL-Lowering:
The Metabolic Syndrome as a
Secondary Target of Therapy**

Metabolic Syndrome

Synonyms

- Insulin resistance syndrome
- (Metabolic) Syndrome X
- Dysmetabolic syndrome
- Multiple metabolic syndrome

Metabolic Syndrome (continued)

Causes

- Acquired causes
 - Overweight and obesity
 - Physical inactivity
 - High carbohydrate diets (>60% of energy intake) in some persons
- Genetic causes

Metabolic Syndrome (continued)

Therapeutic Objectives

- To reduce underlying causes
 - Overweight and obesity
 - Physical inactivity
- To treat associated lipid and non-lipid risk factors
 - Hypertension
 - Prothrombotic state
 - Atherogenic dyslipidemia (lipid triad)

Metabolic Syndrome (continued)

Management of Overweight and Obesity

- Overweight and obesity: lifestyle risk factors
- Direct targets of intervention
- Weight reduction
 - Enhances LDL lowering
 - Reduces metabolic syndrome risk factors
- Clinical guidelines: Obesity Education Initiative
 - Techniques of weight reduction

Metabolic Syndrome (continued)

Management of Physical Inactivity

- Physical inactivity: lifestyle risk factor
- Direct target of intervention
- Increased physical activity
 - Reduces metabolic syndrome risk factors
 - Improves cardiovascular function
- Clinical guidelines: U.S. Surgeon General's Report on Physical Activity